

CLAIMS:

1. A food composition for use in changing body composition and/or physical work capacity, said food composition including colostrum or a fraction thereof wherein said fraction includes colostrum-derived growth factors maintained therein following fractionation of the colostrum.
2. A food composition according to claim 1 further including casein.
3. A food composition according to claim 1 or 2 wherein the growth factor is IGF-1.
4. A food composition according to ^{claim 2} ~~claims 2 or 3~~ wherein said casein is colostrum-derived and maintained therein following fractionation of the colostrum.
5. A method of producing a food composition including colostrum or a fraction thereof including colostrum-derived growth factors maintained therein following fractionation of the colostrum for use in changing body composition and/or physical work capacity, said method including:
 providing colostrum prepared by a process including:
 subjecting colostrum to an ultra-filtration process to provide an ultra-filtered colostrum retentate;
 subjecting the ultra-filtered colostrum retentate to a spray drying process; and
 removing the spray-dried colostrum.
6. A method according to claim 5 further including a bacterial reduction step including centrifuging the colostrum in a flow-through centrifuge wherein the centrifugation is performed by controlling throughput and residence time of the colostrum during centrifugation.

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claim 5
~~any one of~~

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Claim
to any one of

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claim

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22. A method of treating short bowel syndrome, said method including
 B administering an effective amount of a food composition according to ~~any one~~ ^{Claim 1}
 B ~~of claims 1 to 4 or 8 to 10.~~ _~

23. A method of improving vertical jump performance, said method including
 B administering an effective amount of a food composition according to ~~any one~~ ^{Claim 1}
 B ~~of claims 1 to 4 or 8 to 10.~~ _~

24. A method of improving the ability to generate peak power and peak
 10 force, said method including administering an effective amount of a food
 B composition according to ~~any one of claims 1 to 4 or 8 to 10.~~ ^{Claim 1} _~

25. A method of increasing endurance exercise performance, said method
 including administering an effective amount of a food composition according to
 15 B ~~any one of claims 1 to 4 or 8 to 10.~~ ^{Claim 1} _~

26. A method of reducing fat mass, said method including administering an
 B effective amount of a food composition according to ~~any one of claims 1 to 4 or~~ ^{Claim 1}
 B ~~8 to 10.~~ _~

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27. A method of improving the bioavailability of components in colostrum
 which lead to changed work capacity and/or body composition, said method
 including administering an effective amount of a food composition according to
 B ~~any one of claims 1 to 4 or 8 to 10.~~ ^{Claim 1} _~

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